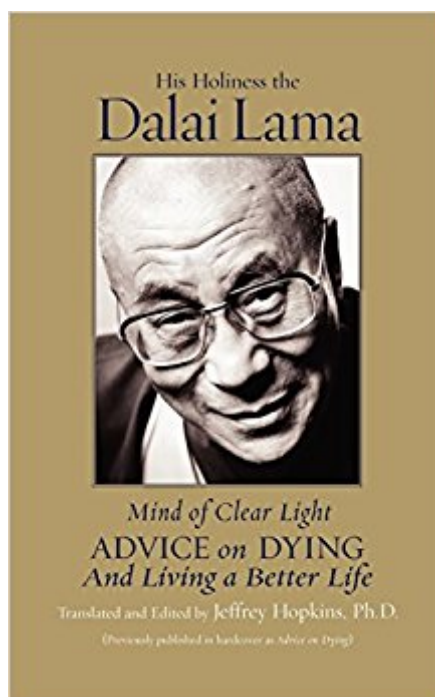


The book was found

Mind Of Clear Light: Advice On Living Well And Dying Consciously



Synopsis

"Everyone dies, but no one is dead," goes the Tibetan saying. It is with these words that *Advice on Dying* takes flight. Using a seventeenth-century poem written by a prominent scholar-practitioner, His Holiness the Dalai Lama draws from a wide range of traditions and beliefs to explore the stages we all go through when we die, which are the very same stages we experience in life when we go to sleep, faint, or reach orgasm (Shakespeare's "little death"). The stages are described so vividly that we can imagine the process of traveling deeper into the mind, on the ultimate journey of transformation. In this way, His Holiness shows us how to prepare for that time and, in doing so, how to enrich our time on earth, die without fear or upset, and influence the stage between this life and the next so that we may gain the best possible incarnation. As always, the ultimate goal is to advance along the path to enlightenment. *Advice on Dying* is an essential tool for attaining that eternal bliss.

Book Information

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Customer Reviews

This book is an excellent reading on the subject of life and death. I hope that when I am ready to leave this life that a loved one will read it to me as I go. It is beautiful like a warm spring morning.

Precious book for Buddhists and other inquiring individuals interested in facing death before it hits and making the best of this adventure /opportunity. I find it easy to read. Every sentence is a gem.

Excellent commentary with advise to stay as alert as you can and be aware of stages at death;

collapse of the physical elements and gross to subtle consciousness. Encourages us to become familiar with this inevitable time so we lessen fear, are more aware of what happens and help direct our course.

This is another, excellent book from HHDL, on the buddhist perspective of life and death. It is written in a clear, concise and understandable manner. I highly recommend it to anyone interested in the subject.

Jeffrey Hopkins' foreword and translation do justice to the wisdom, clarity and practical helpfulness of the Dalai Lama's commentary on these poetic, inspiring, and fear -dispelling teachings from the first Panchen Lama. Thanks to Hopkins for requesting the commentary and for making it accessible to us, and to the Dalai Lama for revealing the freshness and usefulness of this teaching on the ever present mind of clear light.

A very good and informative book. The only problem I have with this book is that if you do not have a base of knowledge already then you might be easily confused at certain parts. His Holiness is as always very humble, yet very advanced in his teaching. If you are new I suggest starting with a newbie friendly book. Such as The art of Happiness

It matters not whether one is a buddhist or of no faith when reading this tome. When facing death tools of transition can make the process gentle. This book provides those tools. We are all going to die, therefore I think we should all read this book.

I am by far a novice to these concepts but I found it very interesting and thought provoking. This generated at least in me a curious to read more on this topic .

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